

**JDD  
the  
man  
for  
win**



**Wood  
sick of  
tall  
tales**

## Remains of missing teen found in field

**DEATH** Police have identified remains found in rural Strathcona County in August as those of a 14-year-old boy.

Xavier Smith was reported missing after leaving his grandmother's home on June 28.

The remains were discovered south of Fort Saskatchewan, by a farmer tilling his field on Aug. 25, almost two months after the boy went missing.

The troubled teen was known to frequent the 118 Avenue area, and lived a high-risk lifestyle.

DNA testing confirmed the body was that of Smith.

Since 1988, 19 sets of human remains have been found in Strathcona County east of Edmonton. Many of the bodies found in the area in the past 10 years have been those of female sex trade workers.

VICTORIA HANDSIDES/  
METRO EDMONTON

**Metro will not publish on Remembrance Day. The next edition will appear Wednesday.**

## Workology pg 11



**Keep three feet away to avoid flu**

## Going Green pg 9

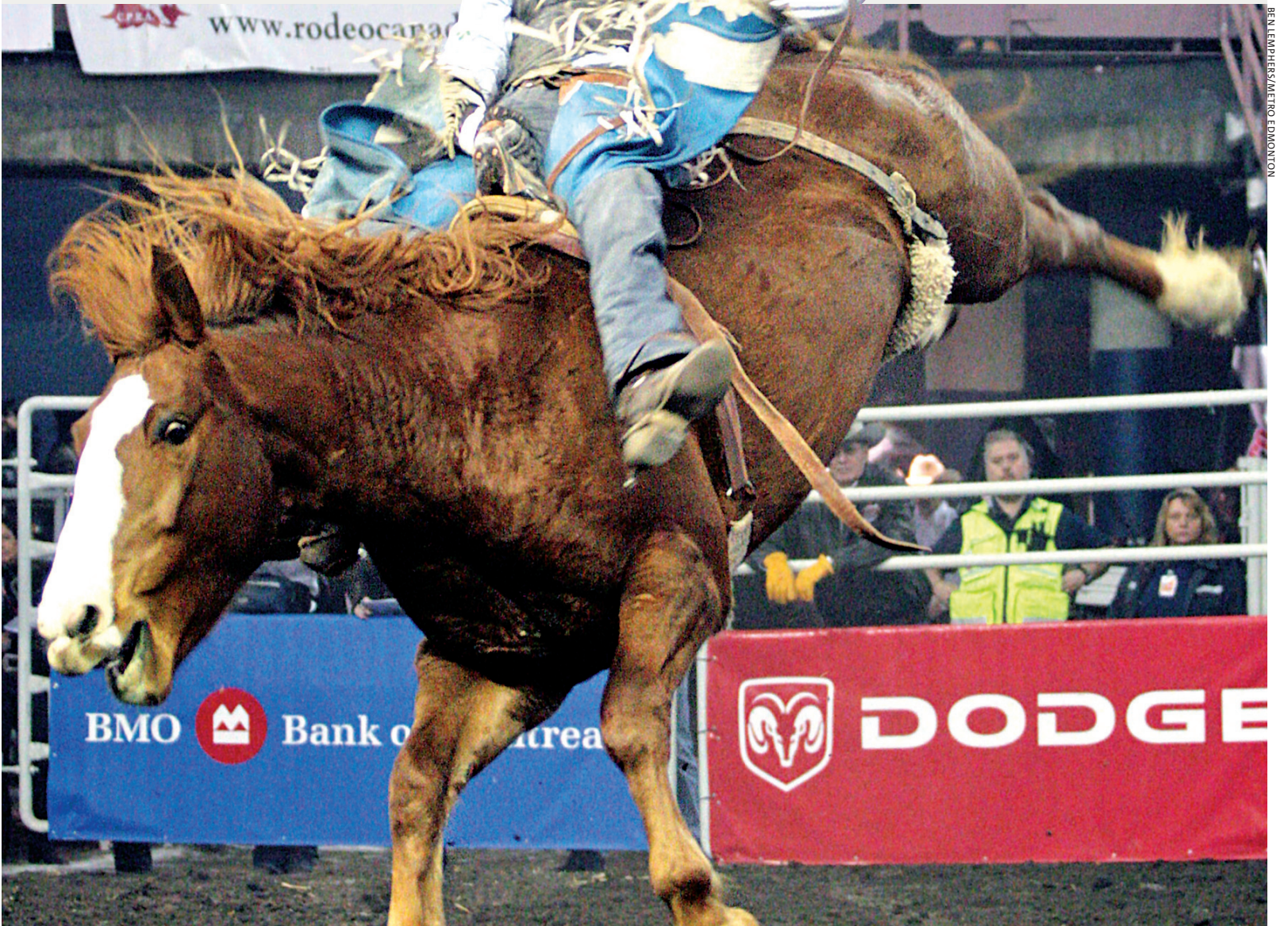


**Believing in wind power**

**ShareYourViews**

edmontonletters@metronews.ca

## Rodeo Riding bareback



Dustin McPhee of Hanley, Saskatchewan, holds on tight during his final ride at the CFR Bareback Finals yesterday afternoon, aboard Starburst. Organizers of the Canadian Finals Rodeo, Canada's premier indoor rodeo say they are thrilled with this year's attendance, as are the folks behind Farmfair, which runs concurrently.

# Double stabbings

Two men dead following separate weekend incidents

VICTORIA HANDSIDES  
victoria.handysides@metronews.ca

**The streets of Edmonton ran red over the weekend, after two people were stabbed to death within 24 hours of each other in separate incidents.**

A downtown party that raged past the November sunrise turned deadly, after 22-year-old Quentin Edward Lhirondele was slain.

The party, in an apartment on the third floor of Milan Manor at 10616 107 St., was full of young adults who knew each other.

Police and emergency

medical staff arrived shortly before 8 a.m. Saturday, and sent a number of people to hospital for non-life threatening injuries.

Justin Malcolm Sutherland, 21, has been charged with second-degree murder. Another man, Jimmy Billy Crow Shoe, was charged with assault with a weapon.

Not 24 hours later, another man in his early 20s was stabbed to death in front of a liquor store not far from the first murder.

Police believe the man

and a friend were jumped by two people on 118 Avenue and 124 Street.

"I know it wasn't 100 yards from here," said Liquor Time employee Karen Mar.

Though the store wasn't open at the time of the deadly stabbing, the area was sectioned off with police tape as homicide detectives scoured the scene for clues yesterday.

"This area has been getting a little rougher lately," Mar said, adding that violence is becoming common

on the street. "I'm surprised that it actually escalated to someone getting murdered, though."

Police are looking for two suspects. One is described as a native man, between 16 and 20 years old, between five-foot-six and five-foot-seven inches tall, with a thin build. The description of the second man is limited, only as a bit older and a bit taller.

Neither incident is believed to be gang-related.

Both autopsies are expected early this week.

The two deaths mark Edmonton's 27th and 28th homicides for 2008.

Nelson sentencing expected in new year

**TRIAL** A man convicted by a jury Saturday of fatally shooting three people and wounding others in a downtown Edmonton nightclub in Oct. 2006 won't learn his fate until early 2009.

A date for a sentencing trial for Dwayne Anthony Nelson, however, is expected to be set Nov. 21.

It took an eight-member jury two days of deliberation to find the 24-year-old guilty on three counts of second-degree murder, two counts of aggravated assault, and one count of assault causing bodily harm.

The trial took four weeks.

METRO EDMONTON





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Market Mall  
Marlborough Mall - kiosk  
North Hill Shopping Centre - kiosk  
Northland Village  
Shawnessy Village  
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Westbrook Mall

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10157 - 101 St.  
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11150 149th St.  
17551 100th Ave.  
12804 82nd St.  
14808 Stony Plain Rd  
18563 Stony Plain Rd  
Abbottfield Shoppers Mall  
Bonnie Doon  
Capilano Mall  
Edmonton City Centre  
Edmonton City Centre - kiosk II  
Kingsway Garden Mall  
Londonderry Mall  
Mill Woods Town Centre  
Northgate Centre  
Northgate Centre - kiosk  
Sherwood Park Mall  
South Edmonton Common  
South Park Centre  
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**LETHBRIDGE**  
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**City remembers Holocaust raid**

Hundreds of people in Edmonton's Jewish community joined others around the world to remember one of the largest tragedies in international history. A remembrance service was held last night at the Jewish Community Centre to remember 92 Jews who were murdered during the Nazi Kristallnacht 70 years ago yesterday. **METRO NEWS SERVICES**

3

# Local



## Hairspray lets loose tomorrow

Hairspray, Broadway's Tony Award-winning musical-comedy opens tomorrow at the Jubilee Auditorium. The show takes you back to 1962 Baltimore, as 16-year-old Tracy Turnblad sets out to dance her way onto TV's most popular show. Can a big girl with big dreams and even bigger hair change the world — and still have time to win the boy she loves? Tickets to find out are at Ticketmaster. Pictured at left is a scene from the musical's London, England production. **METRO EDMONTON**

# CHUCK

## 9 Tonight



# Citytv

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## Second fire at St. Augustine

**ARSON** Police are searching for firebugs who twice targeted the same school, most recently on Friday.

Fire crews were dispatched to St. Augustine Catholic Elementary at 3808 106th St. just after 3 a.m., after a fire broke out on the exterior of a Grade 5 portable. The fire caused \$200,000 in damage. Children were kept from school as police and fire crews investigated.

Another fire was set on Oct. 19 in the same spot.

**METRO EDMONTON**

metronews.ca

What's online today.

**Watch** a report on how authenticity trumps political correctness for military collectors at metronews.ca/canada

**Read** Guidy Mamann on sponsoring a common-law partner at metronews.ca/live

**Lotteries****Friday, Nov. 7**

Lotto Super 7 5, 7, 8, 27, 42, 44 &amp; 46. Bonus 6

**Saturday, Nov. 8**

Lotto 6/49 2, 3, 19, 28, 36 &amp; 45. Bonus 39

These results are not official.

## Churchill Square Trimming the tree



Brent Shaben (left), and Brad Karenko of Epcor work to connect the lights on the 25-metre-tall Christmas tree in Churchill Square yesterday. The tree, donated by Millar Western, is estimated to be 130 years old. The lights are scheduled to go on Saturday at 5 p.m. in a lighting ceremony.

## City honours veterans tomorrow

**REMEMBRANCE** Thousands of Edmontonians are expected at the University of Alberta's Butterdome Pavilion at 10:30 a.m. tomorrow for the city's largest Remembrance Day service.

Organizers recommend service-goers arrive early as there are only 5,000 seats available.

If that's too crowded, services hosted by the Loy-

al Edmonton Regiment will also be held at Churchill Square beginning at 9:30 a.m.

Residents in the city's west end can attend West Edmonton Mall's annual services on the Ice Palace at 10:15 a.m. Store hours at the mall will not open until noon out of respect, say mall officials. **JEFF CUMMINGS**

**/ METRO EDMONTON**

### Other services

- The Royal Alberta Museum will host a free service at 10:30 a.m. that will include readings from three Second World War veterans.
- The Royal Canadian Legion will hold a service at 10:30 a.m. in Sherwood Park's Millennium Place.

## Gallery hopes left hanging

**JEFF CUMMINGS**  
jeff.cummings@metronews.ca

**Edmonton's hopes of being home to the country's national portrait gallery have been dashed by the federal government.**

Federal Heritage Minister James Moore said in a press release on Friday that the Harper government is terminating the project because all of the proposals received by developers were "unacceptable."

"In this time of global economic instability, it is important that the federal government continue to manage its own affairs prudently and pragmatically,"

said Moore in a release. "The selection process failed to meet the best interest of both the portrait gallery and taxpayers. We have therefore decided not to pursue this project at this time."

Edmonton, Calgary and Ottawa were finalists to have the now \$45-million Portrait Gallery of Canada, containing 20,000 paintings, sketches and photos.

Developers from all three cities submitted proposals before the government's deadline in May.

The Alberta government promised to spend \$40 million from its budget last spring to support bids to bring the gallery to Edmonton or Calgary.

### News in brief

**SHOOTING** Gunfire filled the air on Saturday night outside a west end bar, leaving vehicles punctured with bullet holes and one man sent to hospital. Just before the Nu Wave Bar at 18229 89th Ave. closed for the night, shots were fired from the parking lot. By the time po-

lice arrived, everyone involved had fled, including the one apparent victim, who arrived at an emergency room 15 minutes later. The man had been shot in the foot and was treated. Police believe he may have simply been caught in the crossfire. **METRO EDMONTON**

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A B.C. Supreme Court jury has found a university law student guilty of manslaughter in a stabbing death outside a country club in West Vancouver more than two years ago. Sasan Ansari, 29, had originally been charged with second-degree murder in the death of Joshua Goos, 27. **CBC NEWS ONLINE**

**Law student found guilty of manslaughter**

# Canada



## Prison Taser use on hold

The program aimed at introducing Tasers into Canadian prisons is on hold as authorities for the Correctional Services of Canada plan to assess two recent reviews of stun-gun use. The most famous of those reviews involved the death of Polish immigrant Robert Dziekanski, who died on Oct. 14, 2007, after being stunned by RCMP officers at the Vancouver airport.

METRO NEWS SERVICES

## Popularity of poppies on the rise

**REMEMBRANCE** The poppy, Canada's flower of remembrance, has seen an upswing in popularity as the ongoing military action in Afghanistan "brings the punch home again," the administrator of the Vancouver Poppy Fund said yesterday.

While the actual number of poppies worn won't be known until the end of November, Jim Howard said he's seen more people on the streets with poppies and higher demand from the Royal Canadian Legion branches that he supplies.

Some branches outside of Vancouver, he added, have already run out of poppies.

METRO CANADA

## Vimy Remembering the fallen



A colour party marches away from the Canadian National Vimy Memorial following a Remembrance Day ceremony to commemorate members of the Armed Forces who have been killed since the First World War in Vimy, France, yesterday.

## Harper set to meet premiers

A push for infrastructure spending and misgivings about Canada's equalization program will top the agenda today when Prime Minister Stephen Harper meets with premiers and territorial leaders to discuss the global economic crisis.

But don't expect quick fixes to the turmoil that is threatening Canadian jobs and investments.

That was the caution voiced by the Prime Minister's Office, which is billing this afternoon's political summit as an "exchange of ideas" in advance of Harper's trip to Washington next weekend to talk about the economy with G20 leaders.

"Obviously we are in a period of global economic instability. There are no easy solutions," Harper told reporters on the weekend.

But premiers are coming

**"Obviously we are in a period of global economic instability. There are no easy solutions."**

Stephen Harper

to the meeting seeking action, including increased investments in infrastructure and aid for a battered manufacturing sector that has left thousands of people out of work.

Harper called the first ministers' meeting the day after the Oct. 14 election in response to the economic meltdown. All provincial and territorial leaders are expected to attend with the exception of Alberta Premier Ed Stelmach, who is on a trade mission to Europe. **TORSTAR NEWS SERVICE**

### News in brief

**CRISP** Autopsy results on the body of a Barrie, Ont., teen found three weeks after he ran away from home reveal he

died of injuries to his chest that are consistent with a fall from a tree.

**CBC NEWS ONLINE**



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**Technique tracks the spread of cancer cells**

A technique using a tiny glass window implanted on the skin of a mouse allows scientists to track individual cancer cells as they spread and attack other parts of the body, according to a study published yesterday. Researchers hope it could one day play a big role in analysing how well developmental drugs block cancer from spreading. **REUTERS**

5

# World



## Headphones harmful to hearts?

Headphones from iPods or other digital music players may damage hearing, but music lovers who have a pacemaker or an implanted defibrillator are better off keeping them in their ears. A small, new study revealed that placing the ubiquitous ear buds or other headphones too close to the chest could interfere with the proper functioning of the devices used to keep hearts beating at their proper rhythm. **REUTERS**

## Obama to keep promises: Aide

The economic crisis will not stop president-elect Barack Obama from expanding health care, overhauling education and energy policy, and passing a middle-class tax cut soon after he takes office in January, a senior aide said yesterday.

Meanwhile, Congress should act to ease the pain of an economy sliding into recession by extending unemployment benefits and boosting aid to states struggling to meet their health-care obligations, they said.

Obama's transitional team has outlined an am-

bitious agenda for the next several months as it scrambles to assemble an administration in the face of what is widely viewed as the worst economic slump since the Great Depression.

**70** The number of days until Barack Obama assumes office as the U.S. president.

The economic crisis will not prevent Obama from pursuing the priorities he outlined on the campaign trail, said John Podesta, co-chair of Obama's transition team.

These include extending health care to the nation's 47 million uninsured and reducing U.S. reliance on foreign oil, Podesta said.

**REUTERS**

## Indonesia Bali bombers killed



A policeman stands guard in front of villagers during the funeral procession of Bali bomber Imam Samudra in his home village in Serang, West Java province, yesterday. Thousands of Indonesians poured onto the streets for the funerals of three militants executed yesterday for the 2002 Bali bombings.

## Italian PM burned over suntan joke

**FRANCE** Carla Bruni-Sarkozy February after a whirlwind says she is glad not to be Italian anymore after hearing Italian Prime Minister Silvio Berlusconi joke about U.S. president-elect Barack Obama's "suntan."



Italian-born Bruni-Sarkozy, who was "hand-wed French President Nicolas Sarkozy in so suntanned."

romance, became a French national and lost her Italian citizenship after her marriage. She criticised Berlusconi for saying on Thursday that Obama, who will be the first black U.S. president, was "handsome, young and al-

**REUTERS**

## 20 dead after sub accident

**KREMLIN** Twenty people were killed on board a Russian nuclear submarine, the navy said yesterday, in an accident that exposed the gap between the Kremlin's ambitions and

its military capability. Prosecutors investigating said they suspected the victims died after inhaling a toxic gas used as a fire suppressant.

**REUTERS**

### News in brief

**HAITI SCHOOL** Rescuers at a collapsed school in Haiti are ending the hunt for survivors and will soon demolish the remains of the building, where at least 87 people were killed.

**GAY MARRIAGE** Several thousand people gathered in Los Angeles on Saturday to protest a voter-approved ballot measure banning same-sex marriage in California. **REUTERS**

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Angola.....14.9 ¢ Niger.....13.9 ¢  
Libya .....24.9 ¢ South Africa 7.9 ¢  
Morocco .....18.9 ¢ Sudan.....12.9 ¢

### Latin America



Haiti.....16.9 ¢ Bolivia.....6.9 ¢  
Honduras.....15.9 ¢ Chile.....2.9 ¢  
Panama.....3.9 ¢ Colombia.....3.9 ¢  
Uruguay.....7.9 ¢ Dominican Rep.....6.9 ¢  
Venezuela.....2.9 ¢ Mexico.....2.9 ¢

### Middle East



Bahrain.....5.9 ¢ Kuwait.....6.9 ¢  
Egypt.....14.9 ¢ Oman.....17.9 ¢  
Iran.....3.9 ¢ Saudi Arabia.....3.9 ¢  
Iraq.....4.9 ¢ Syria.....18.9 ¢  
Israel.....2.9 ¢ U.A.E.....19.9 ¢

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# Comment & Views

## Comment

# Laughs not always easy

## HineSight

Anne Hines



Years ago, my younger daughter, Becky, asked what I do for a living. I said I write humour about my life. Her lip trembled. "I don't want people laughing at my mother." I had to be honest. "Sometimes they don't."

The challenge of writing humour is there may be 50 ways to say something, but only one of them will be funny. I don't always manage to find it.

I was at a dinner party recently, sitting beside a woman who said, "I read

your article in the Metro."

Me: Oh yes.

Her: It was about garbage sales.

Me: Garage sales?

Her: I didn't think it was funny.

I spent a half-hour trying to explain it to her. By the time I finished, it no longer seemed funny to me either.

People will acknowledge the authority of doctors, hairstylists and taxidermists. When it comes to funny, we all think we know best. You can tell someone they have no morals, no manners or no imagination, but suggest they've got no sense of humour and they'll really take offence.

Another challenge of

writing humour is, I don't always feel funny.

Take, oh, I don't know, today for example. I'm with my older daughter, who's undergoing gender reassignment surgery. For those wondering what that is ... well ... when you fill out your medical form on arrival you tick off the "F" or "M" box. When you leave, you tick off the other one.

I spent today in a hospital hallway, sitting with my ex-husband, Michael, waiting to hear that our beautiful brave daughter now has, as she puts it, "a body her mind can make sense of." It was one of those times in life when I could have used a good

laugh. Not because I needed entertainment. But because I needed to be reminded to hope.

I couldn't think of anything. What I did think was, "I wish they were more liberal about who could have those morphine drips," and "This is not exactly the way I pictured my life working out."

Procedure over, our daughter safe, well and comfortably asleep, we made our way out of the clinic. I noticed a nearby lawn sign. There was one of those plywood storks announcing the family had just had a baby. "Look, they had a boy," I said.

Michael answered, "Yes, well, they think that now." And, finally, we laughed.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

**"The challenge of writing humour is there may be 50 ways to say something, but only one of them will be funny."**

## Views

# Healing is a long and complex process

By MONIA MAZIGH

Five years ago, on Nov. 6, 2003, my husband, Maher Arar, spoke publicly about his ordeal. I was sitting beside him at this press conference, listening to him describe the horrible conditions he endured for a whole year in a Syrian prison.

Upon his release in October 2003, I had one idea on my mind: Keep my family together and enjoy one another. But with every passing day, I came to realize that our lives had changed forever and that we can never change by switching to a "normal mode" with a press of a button. The healing cannot happen overnight — it is a long and complex process.

Last year, as part of this long process, I decided to write a book to speak about my life during the time my husband was in prison, but also to reflect



Monia Mazigh

on the meaning of events that happened to us as a family. After the events of 9/11, the world entered a new era, where suspicions, religious beliefs, travel, and business dealings can trigger a whole range of security procedures with terrible consequences, such as deportation, imprisonment, and torture.

The year Maher was in prison, I learned new things about myself, and also about Canada. I

learned that in our weakest moments, we can strangely find strength. I also learned that Canada is no longer the idealistic country I immigrated to, where citizens' rights were respected. I lost hope in many people but I also found new friends.

Friends who did not take our rights and freedom for granted and politicians who did not play the games of partisanship, but instead looked far and defended their vision of Canada.

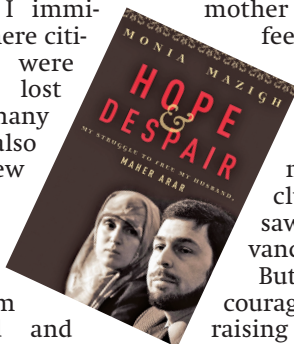
Every day during that year I did something to bring justice to my husband and keep my faith in the democratic system, either write a letter to ministers or meet with organizations — all this helped me to keep hope that things would eventually

change. While I was doing this, I had to raise my two children and face the hardship of finding a job.

It was mainly my role as a mother that kept my feet grounded and gave me courage to continue a battle that many people, including myself, saw as lost in advance.

But I didn't get discouraged and I kept raising his case and convincing people around me that my husband Maher needed justice more than anything else. Eventually, I was heard and Maher came back to Canada. He came as a broken man, changed forever, and we had to learn to rediscover one another.

Monia Mazigh, who lives with her family in Ottawa, is the author of *Hope and Despair: My Struggle To Free My Husband Maher Arar*. The book launched in Ottawa Nov. 6.



MICHAEL DE ADDER

## Letters

Adriaan J.W. Mak,  
LONDON, ONT.

Re: Abuse that breaks a child's trust. (Nov. 4).

I could not

agree more

with Dr

Catherine C.

Classen when

she states

that the sexual

abuse of children

is wrong and

damaging and

may well leave

more damage

when that abuse

is perpetrated

by a trusted family

member.

However,

Classen unfortunately

makes a serious

error by basing her

opinion on

psychologist

Jennifer Freyd's

"betrayal trauma"

theory and claiming

that children

repress the

memories of such

abuse and/or may

create alternate

(sic) personalities."

psychotherapies.

psychotherapies.

psychotherapies.

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true about both the dated notion of repressed traumatic memory, which originated with Sigmund Freud, and the more recent

disastrous diagnoses of multiple personality disorder.

Both the alleged recovery of repressed memories and the emergence of alter personalities in clients with mid-life problems have now been shown to be the result of highly mis-guided and suggestive

psychotherapies.

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**OPEC to cut supply if market unchanged: Iran**  
OPEC will cut oil output again if the trend towards lower prices and slowing demand growth are unchanged when the group meets in December, Iran's OPEC Governor Mohammad Ali Khatibi told Reuters yesterday. **REUTERS**

# Business



## Flaherty sees delayed benefits

Canadian manufacturers will eventually benefit from a sharp drop in Canada's dollar by encouraging exports to the United States, Finance Minister Jim Flaherty said in an interview with Bloomberg News, but in the short term, the volatility will disrupt planning by businesses.

**REUTERS**

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

### Business in brief

**AUTOS** General Motors Corp. reported a quarterly loss of \$2.5 billion US that will prompt more cuts, including 500 extra layoffs in Oshawa. The company warned it could run out of

cash and go broke next year, and added merger talks with Chrysler have been postponed.

**ECONOMY** Canada added 9,500 net new jobs in October,

showing resilience amid the global financial crisis. Still, the jobless rate crept up to 6.2 per cent from 6.1 per cent in September.

**TORSTAR NEWS SERVICE**

**Some dangers lurk beneath the surface.** Too much junk food is never healthy. But unhealthy still is believing that your waistline is the only thing you need to worry about. Fatty liver disease is now the fastest growing form of liver disease. Learn more at **LIVER.ca**

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## New efforts to offset expected recession

**China approved a huge stimulus plan yesterday worth nearly \$600 billion US, part of a new global push by leading economies for measures to offset an expected recession in many countries.**

China's official Xinhua news agency said the world's fourth-largest economy approved a \$586-billion US government spending package between now and 2010, focused largely on infrastructure and social projects.

In Brazil, finance ministers and central bank governors representing 90 per cent of the world's economy said they would work on ways to fend off the backlash of the credit crisis, either through higher spending or further interest rate cuts.

World leaders meet in Washington next week to try to agree on what kind of measures their governments need to prepare in the coming months, and to discuss the lessons learned from the credit crisis.

Emerging economies have demanded more of a voice in management of global finance that remains the preserve of rich G7 countries.

**REUTERS**

### Seeking reform

• In a communique, the G20 said it saw the need for comprehensive reform of the Bretton Woods institutions, such as the IMF and World Bank, "so that they can more adequately reflect changing economic weights in the world economy."

## Regulars roll back Tim Hortons visits

**RETAIL** Canadians still love Tim Hortons coffee, but they began visiting the outlets fast-food chain less often when gasoline prices spiked in summer, and now growing economic uncertainty is discouraging them, the company says.

Tim Hortons said it plans to introduce more value-priced combination meals and close up to 15 underperforming U.S. outlets, where the brand is less well-known, to boost sales and profits.

While the "Canadian business tends to be fairly resilient to economic downturns," even the most loyal customers are beginning to "ration scarce dollars," company head Don Schroeder said.

**TORSTAR NEWS SERVICE**

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**Shop around for fashion deals**

You may be able to find valuable vintage designer clothes at a fraction of the price from charity stores and recycled-clothing boutiques, according to Greeniology: How To Live Well, Be Green And Make A Difference by Tanya Ha. **METRO NEWS SERVICES**

# Going Green

EDITOR: MIKE DEREZYCKY, MIKE.DEREZYCKY@METRONEWS.CA

## Oil and water don't mix

Each year, Canadians dump and spill the equivalent of seven Exxon Valdez tankers of used motor oil into Canadian waterways. If you change your own motor oil, don't pour it into the gutter, down a sink or drain, bury it or dump it. One litre of motor oil can contaminate one million litres of water, according to Greeniology: How To Live Well, Be Green And Make A Difference by Tanya Ha. **METRO NEWS SERVICES**

# The answer is blowin' in the wind

Energy underpins everything we do. Human societies have become increasingly complex, requiring ever larger-scale sources of continuous energy. Now, energy fuels not only our activities but our economies, as well. If we don't choose our energy sources wisely, we can do more harm than good.

Non-renewable energy sources such as fossil and nuclear fuels are not sustainable and have also taught us that technological advances often come at great cost. These fuels can never be a long-term solution because they will run out. They also create emissions that pollute our air, water, and soil, and contribute to global warming or long-term radioactive-waste problems.

Renewable energy sources will not run out, and they don't cause the same kinds of environmental problems as non-renewable sources. But that doesn't mean we should adopt renewable energy without any forethought. Biofuels can create problems if fuel production comes at the expense of food production. And wind power, if not properly planned and sited, can harm birds and bats (although Danish studies of 10,000 bird kills revealed that almost all died in collisions with buildings, cars, and wires; only 10 were killed by windmills).

Alternative energy sources are absolutely necessary. Global warming will kill birds and bats, as well as other species, in much greater numbers than wind power. We just need good planning to ensure that our energy production is balanced with ecological concerns. And we need to believe in our ability to develop solutions.

The mental attitude that underlies the way we approach any challenge is a huge part of how well we deal with it, and it applies at national and global levels, as well. For more than 20 years, leading scientists have warned us that the dangers of runaway global warming are so great that we cannot continue along the same path. Yet the response (usually led by the fossil-fuel industry) has been, "It's junk science" or "It's too expensive; it will destroy the economy," or "It's impossible to meet the reduction targets." These kinds of reactions demoralize or paralyze society.

Renewable-energy technologies are creating employment and giving economies a boost around the world. Countries like Denmark and Germany started shifting to renewable energy sources after the OPEC oil embargo in the 1970s. Today, Denmark obtains 20 per cent of its energy from wind power and is aiming at 50 per

cent by 2020. Germany obtains 14 per cent of its energy from wind, is the major exporter of wind technology, and has created more than 82,000 jobs in the wind sector, and more than 200,000 total renewable-energy jobs. Wind

power has become the country's fastest-growing job creator over the past three decades.

Even the U.S. Energy Department has concluded that wind power could become the source of one-fifth of that nation's power

by 2030, and other studies have shown that wind, solar, and biofuel energy could create five million U.S. jobs by 2030.

The problem with making major inroads on the climate challenge is not a lack of solutions; it is a

lack of will.

Take David Suzuki's Nature Challenge and learn more at [www.david.suzuki.org](http://www.david.suzuki.org).

Dr. David T. Suzuki is a Vancouver-based award-winning scientist, environmentalist and broadcaster.

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Oiler great Glenn Anderson, left, will be inducted into the Hockey Hall of Fame in Toronto tonight. Eligible for entry since 1999, Anderson watched as 23 other players were enshrined before him during that time. **METRO NEWS SERVICES**

# Sports



## Remember, the Titans are 9-0

Kerry Collins, left, threw for 289 yards and two touchdowns as the Tennessee Titans beat the Chicago Bears 21-14 yesterday to remain the NFL's only undefeated team, despite rushing for just 20 yards in the game. The Titans play the Jaguars next Sunday and the New York Jets Nov. 23.

**METRO NEWS SERVICES**

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## JDD leads the way

NHL RESULT

Oilers 2 Devils 1



**THE SKINNY:** Rookie Jeff Drouin-Deslauriers made it two wins in two NHL starts, kicking aside 37 shots as the Oilers snapped a two-game losing streak and evened their record at 3-3 through six stops on their seven-game road swing.

**THE BIG PLAY:** Ales Hemsky got lucky on the 2-0 goal 13:49 into the second period. Hemsky busted to the net, but had the puck poke-checked off his stick by Jay Leach. Unfortunately for Leach, the puck bounced off Hemsky's skate into the net for the eventual winner.



Fernando Pisani and the Devils' Jay Pandolfo hit the ice as they chase the puck in the first period last night.

**NEW NO. 1?** Given the chance, Deslauriers has been flat-out better than veterans Mathieu Garon and Dwayne Roloson. In his three appearances, Deslauriers has stopped 77 of 81 shots for a saves percentage of .950.

**HOT HEMSKY:** Hemsky not only scored the winning goal, he assisted on Sheldon Souray's 1-0 goal. The silky-smooth Czech has scored 5-4-9 during a six-game points streak.

**TOUGH BUSINESS:** Steve MacIntyre lost badly in a scrap against Eric Godard in Pittsburgh Thursday, suffering a fractured left orbital bone. He'll be evaluated this week to see if surgery is required.

**THE NEXT GAME:** The Oilers wrap up their trip against the Rangers in New York tonight.

**ROBIN BROWNLEE, FOR METRO EDMONTON**

## Can Mr. Perfect make it 6-0?

If **Ricky Ray's** playoff history means anything, the Edmonton Eskimos have to feel pretty good about themselves heading into Saturday's East Division final against the Montreal Alouettes. And they should.

Ray completed 27 of 37 passing attempts for 303 yards in a 29-21 victory over the Winnipeg Blue Bombers Saturday, and he upped his mark in CFL division finals and semifinals with the Eskies to 5-0.

Still unbeaten is Ray.

By becoming the first West Division team to win a playoff game since crossover system was put in place in 1996, the Eskies set up a showdown between the CFL's top two passers — Ray and **Anthony Calvillo**.

Ray, who is 2-1 in Grey Cup finals, didn't have a touchdown pass against the Bombers, but he did a skilful

job executing the ball control offence drawn up by **Danny Maciocia** and offensive co-ordinator **Rick Worman** with a turnover-free performance in difficult weather conditions. Ray was flat-out better than Winnipeg's **Kevin Glenn**.

by utilizing backs **Calvin McCarty** and **A.J. Harris**, both of whom chewed up yardage and time on swing passes. McCarty caught seven passes for 52 yards and Harris four passes for 38 yards and had a pair a rushing touchdowns.

### LOOKING AHEAD

The Alouettes humbled the Eskies in the first meeting of the teams back on Sept. 21 as Calvillo strafed Edmonton's defence to the tune of 32-for-38 for 414 yards in just three quarters of play. The Eskies romped 37-14 in the rematch at Commonwealth Stadium Oct. 31, but Calvillo was among a half-dozen Montreal regulars sitting out with the East Division title already in hand.

In a decade covering the Edmonton sports scene, Robin Brownlee has been the news-breaker and insightful voice for sports fans in Oil Country.

### CapitalSports

Robin Brownlee



"We put some drives together. We came in here knowing we couldn't throw the ball 40 or 50 times. We needed to run the football," Maciocia said. With frigid temperatures and gusting winds, Ray kept the ball away from the Blue Bombers

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**University of Toronto feels economic crisis**

Late last month, higher ups at the University of Toronto announced its endowment fund has experienced a decline and the university is not currently able to assess how the economic decline will affect its ability to borrow in the future.

METRO NEWS SERVICES

# Workology

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA



## Fight for wood

The Friends of the UNB Woodlot are protesting development on woodlands owned by the University of New Brunswick. The university is leasing some of the property for commercial development, but will preserve much of the land as natural green space. METRO NEWS SERVICES

# Break free from the flu virus

ROBYN YOUNG  
for Metro Canada

**You know that guy who sits two cubicles away and has been coughing and hacking all over his keyboard for the last two days?**

First of all, he should be at home in bed and second, you should stay at least three feet away from him at all times: The flu virus won't make it beyond that distance even in the most explosive sneeze.

As flu season forces itself upon us once again and germs run rampant throughout poorly ventilated offices, two influenza experts say there are some simple ways to avoid contracting the nasty little bug. "Get your flu shot," said Dr. Irene Armstrong, an associate public health medical officer.

And don't be afraid the shot will make you sick, she said.

"The flu shot cannot give you the flu; there's no live



The flu shot is the best way to steer clear of the flu this season.

virus in the vaccine."

Dr. Susy Hota, infectious diseases specialist with University Health Network, said except for people with special health conditions, everyone should get the shot.

"It protects you from getting sick, but it also protects the people who are the most vulnerable around you from getting sick," she said.

Aside from getting the flu shot, there are a number of

additional steps you can take to avoid contracting the virus said Armstrong.

"Handwashing, handwashing, handwashing," she said emphatically.

Wash your hands frequently using soap and water, scrubbing them for at least 15 seconds and rinsing well, she said.

Then use a paper towel to dry them off, turn off the taps and turn the handle of any public washroom door. Of course, alcohol-based

hand sanitizers also work to kill bacteria but that's only if there's no visible dirt on your hands, she added.

And remember to keep your hands away from your mouth, eyes and nose, she said.

Viruses are easily transferred through these mucous membranes.

Hota suggests being vigilant about keeping your work surface clean.

And if you know you are under the weather with either a cold or flu?

"Don't go to work," said Armstrong.

It's as simple as that, she said; you're not doing anyone any favours by dragging your virus-riddled body to the office where the flu can spread like wildfire among your colleagues.

During recovery period, which Armstrong said can last anywhere from two to seven days, be sure to drink lots of fluids, get plenty of rest and stay away from others — especially those with compromised im-

mune systems.

Both doctors recommended Tylenol for relief of fever, aches and pains associated with the flu and both said good, old-fashioned prevention through hygiene and the flu shot is the best way to steer clear of the flu this season.

As for the effectiveness of popular herbal remedies like Cold FX or echinacea, both reserved comment.

"I'm not aware of studies that actually show they have a well-studied benefit," said Armstrong.

## Cold and flu facts

- Infants under the age of six months should not get the flu shot.
- People who should definitely get the flu shot are pregnant women, anyone over the age of 65, children under two years, or those who have compromised immune systems.
- Coughing or sneezing into your sleeve rather than your hand is an easy way to avoid spreading the virus.

## Despite economic woes, some jobs still in demand

**SALARIES** Even in the current economy, certain skill sets remain difficult to find, according to the 2009 Salary Guides from Robert Half International.

The recently released guides point to modest overall salary increases for accounting, information technology (IT) and administrative roles, but highlight specialized expertise that can enhance a professional's marketability.

This includes account reconciliation and credit/collections experience for accountants and web development skills for IT professionals.

"Companies highly value employees who can identify cost efficiencies, develop long-range business strategies and maximize the use of technology," said Max Messmer, chairman and CEO of Robert Half International.

"Adding to the competition for those with specialized skills is a growing reluctance on the part of many professionals to leave secure employment situations in an unpredictable economy. This has made (attracting these workers) a challenge."

Overall, the 2009 research forecasts a salary increase of 3.4 per cent for finance and accounting staff. Companies are showing

the most interest in professionals who can help their firms reduce inefficiencies and enhance profitability.

According to the research, companies are hiring accountants to oversee core duties such as maintaining the general ledger, performing account analysis and reconciliation, correcting journal entries, and performing the monthly close.

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# Making a difference with prostheses

## OddJobs

**Diane Peters**



“Wouldn’t it be neat if you built an MP3 player into my leg?” the 14-year-old boy said to Bryan Steinnagel.

“We’ve been waiting for someone to ask for this!” Steinnagel replied. The 37-year-old prosthetist from

Bloorview Kids Rehab in Toronto and his team of technicians got to work making the boy an artificial leg that integrated his music player and let him plug his headphones in at the hip.

Most of the time, clients just need a plain leg. Some were born without one, or they’ve lost a limb because of an accident or cancer. Steinnagel meets with them and their families to talk about their lifestyle and hobbies. He then takes a plaster cast of their remaining limb — to get the fit right — and sketches out the rest of the leg.

Using fibreglass, plastic

### “Wouldn’t it be neat if you built an MP3 player into my leg?”

14-year-old boy talking to prosthetist Bryan Steinnagel

resin and other materials, the team creates some parts of the leg, and orders others (knee joints and feet are particularly hard to make).

Clients test the leg for two weeks, then Steinnagel makes modifications and uses foam core and fibreglass to hide all the connecting parts and “make it pretty.” For some, that means dressing it up with crazy fabric or flame decals.

The process takes just over a month, and costs between \$10,000 and

\$50,000, some of which is covered.

Steinnagel first heard of this career when he met a prosthetist at a job fair in university. Born in Hamilton as the son of a carpenter, he got into art in high school and studied physical education in university. The prosthetist told him the profession integrated tools, creativity and knowledge of the human body. He had experience with all three. “I can do that,” he thought.

In Canada, there are just three schools that train prosthetists and orthotists (who make braces and splints) and the program at Toronto’s George Brown College accepts only eight students a year. It took Steinnagel three tries to get in.

He’d been working as a certified prosthetist for five years when the job came up at Bloorview. It was unique to work with kids; most

## The Lowdown

**Job title:** Prosthetist

**Salary:** \$50,000 to \$80,000

### Best Part of the Job:

“Working with the team here. They are so smart, they are so creative and we play off each other.”

**Worst Part of the Job:** “When people are here due to disease and when that illness takes hold, it’s pretty damn sad to see them deteriorate.”

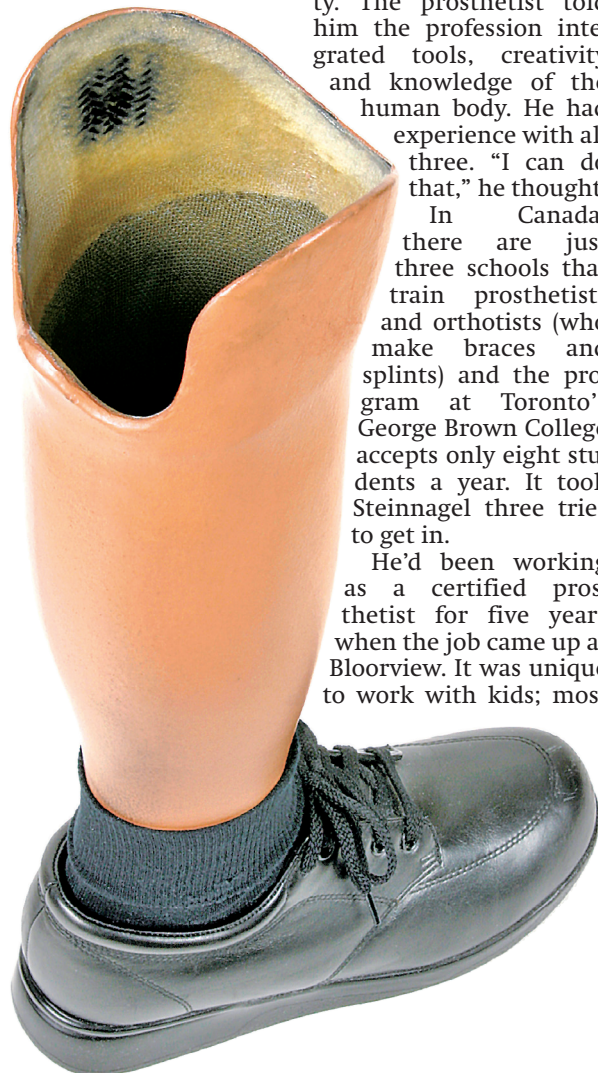
amputees are older people with vascular disease or diabetes.

“It was very different. It blew me away for the first six months, it was a really hard transition,” he recalls. Not only were their body proportions different, but their emotional responses to getting an artificial leg were often intense.

Kids sometimes reject the leg. Eventually, most learn to live with it, but it’s a painful process that’s stressful to watch. So when a teen walks in wanting an MP3 player in his leg, Steinnagel and his team use it as an outlet. “When we have a creative project, we go crazy with it.”

But he’s not sure what to do now. The kid recently asked for speakers.

Diane Peters once hawked magic pens at the Canadian National Exhibition. She’s now a writer and part-time journalism instructor.



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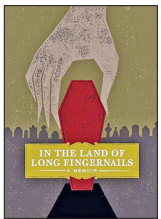
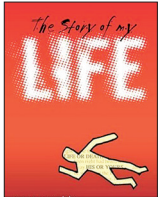
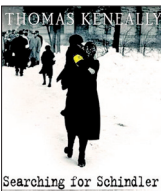
ABC insiders say that the fifth season of the Emmy-nominated *Lost* will premiere with a two-hour event on Jan. 21, at 8 p.m. **EW.COM**

# Entertainment

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

## Story behind the story

### Book Picks



### Searching for Schindler

**Author:** Thomas Keneally  
**Publisher:** Random House  
**Price:** \$28.00 (Hardcover)

If you enjoyed the Holocaust survival book *Searching for Schindler's List*, *Searching for Schindler* gives you the story behind the story. Booker Prize winning author Thomas Keneally, who also penned *Schindler's List*, returns to how he did so in his new memoir. Keneally begins when he first learned about the triumphant story of Oskar Schindler, who helped free over 1,000 Jews during the Holocaust, from a luggage shop owner in Beverly Hills in 1981. The memoir unfolds as the pair travel the world, hearing the stories of those saved by Schindler.

### The Story of My Life

**Author:** Anne Cassidy  
**Publisher:** Scholastic Canada  
**Price:** \$10.99 (Paperback)

Kenny Harris' new friend Mack has a dangerous past. When Kenny learns about a horrendous crime his friend committed, his friendship is thrown startlingly into question. With knowledge of Mack's history and after witnessing another of his savage crimes, Mack turns quickly from friend to foe. Mack sends Kenny to complete a mission for him, in his own dark vein. But with his girlfriend and family on the line, will Kenny be able to take on the task? In this young adult novel, Kenny must juggle time with big risk or the consequences could be life-changing.

### In the Land of Long Fingernails

**Author:** Charles Wilkins  
**Publisher:** Viking Canada  
**Price:** \$32.00 (Hardcover)

Does the thought of working in a cemetery send chills down your spine? It should. In Charles Wilkins' candid new memoir his employment as a gravedigger at a cemetery in 1969 is relayed with no stone left unturned. Wilkins recalls the normal (at least to a gravedigger), bizarre and ultra-bizarre experiences he had while tending to the dead. Whether it's finding a calf instead of a corpse inside a coffin or hearing subterranean voices, Wilkins chronicles the characters and oddities he came upon during his employment.

**BRIAN COULTON/FOR METRO CANADA**

## Whoopi on Mars

Comedienne Whoopi Goldberg is in for a gender-bending new role — the actress has been cast to play a man on a new episode of U.S. TV drama *Life On Mars*. **IMDB.COM**



### Entertainment in brief

**WEEKEND BOX OFFICE:** 1. *Madagascar: Escape 2 Africa*, \$63.5 million US; 2. *Role Models*, \$19.3 million; 3. *High School Musical 3: Senior Year*, \$9.3 million; 4. *Changeling*, \$7.3 million; 5. *Zack and Miri Make a Porno*, \$6.5 million; 6. *Soul Men*, \$5.6 million; 7. *Saw V*, \$4.2 million; 8. *The Haunting of Molly Hartley*, \$3.5 million; 9. *The Secret Life of Bees*, \$3.1 million; 10. *Eagle Eye*, \$2.6 million. **REUTERS**



## Jackson back at No. 1 with Thriller

**MUSIC** Thriller is still racking up weeks at No. 1, more than 25 years after its release.

Michael Jackson's smash jumped 40 places to No. 1 on Billboard's Top Pop Catalog Albums after record label Sony BMG prepared a special version of the album for Apple's iTunes, which offered the release for just \$4.99 last week. **REUTERS**

## Soul Men review

Read Metro's review of the new comedy *Soul Men* at [metronews.ca/movies](http://metronews.ca/movies).

## IntelleVision



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## critics' corner

### The Border

It may not specifically reference a certain breakaway sect of a certain Utah-based religion, but it's not hard to figure out which headlines this new episode is ripped from. Gray (Graham Abbey) meets his match while investigating a religious sect that's moving underage girls across the border to wed. James McGowan, Sofia Milos and Nazneen Contractor also star in "Articles of Faith." 9 PM on CBXT



### Heroes

Hiro (Masi Oka) follows Arthur Petrelli (Robert Forster) into the past to find out what drove him to create Pinehearst and strike at Angela (Cristine Rose). Later, a moment unfolds where Sylar (Zachary Quinto) might have stopped his murderous pursuit of abilities — if H.R.G. and Elle (Jack Coleman, Kristin Bell) had swayed from their monstrous assignment. Then Meredith (guest star Jessalyn Gilsig) watches her new life collapse. 10 PM on CITV KHQ

|               | C   | B      | S       | 7:00  | 7:30           | 8:00                                   | 8:30                     | 9:00                          | 9:30                | 10:00                            | 10:30             | 11:00                         |
|---------------|-----|--------|---------|---|----------------|--|--------------------------|-------------------------------|---------------------|----------------------------------|-------------------|-------------------------------|
| 11/10/08      | 2   | CFRN   | 239 318 | etalk   | Hollywood      | CSI: Miami (HDTV) (N)                  |                          | Dancing With the Stars        |                     |                                  | Corner Gas (N)    | News (N)                      |
|               | 3   | KHQ    | - 370   | News (N)  | Be-Millionaire | Jeopardy! (N)                          | Wheel-Fortune            | Chuck (HDTV) (N)              |                     | Heroes "Villains" (N)            |                   | Worst Enemy                   |
|               | 4   | CBXT   | - 307   | Coronation St.  | Jeopardy! (N)  | Dragon's Den (N)                       |                          | The Border (HDTV) (N)         |                     | CBC News: The National           |                   | The Hour                      |
|               | 6   | KREM   | - 372   | News (N)  | Hollywood      | The Doctors                            |                          | Big Bang Th                   | How I Met           | Two/Half Men                     | Worst Week        | CSI: Miami (N)                |
|               | 7   | CKEM   | 241 347 | Law & Order: SVU  |                | Celebrity Fit Club                     |                          | Chuck (HDTV) (N)              |                     | Curb-Enthsm                      | Less-Kind         | Your City                     |
|               | 8   | CITV   | 240 339 | ET Canada   | Entertainment  | Prison Break (HDTV) (N)                |                          | My Own Worst Enemy            |                     | Heroes "Villains" (N)            |                   | News Hour                     |
|               | 12  | CBXFT  | 119 705 | Virginie (SC)   | Les Parent (N) | L'Auberge du chien noir (SC)           |                          | Hauts                         |                     | Le Téléjournal (N) (SC)          |                   | TJ Alberta                    |
|               | 13  | KXLY   | - 371   | 4 News at 6   | 4 News at 6:30 | Entertainment                          | The Insider (N)          | Dancing With the Stars (HDTV) |                     |                                  | Samantha Who      | Boston Legal                  |
|               | 16  | KAYU   | - 373   | The Simpsons  | The Simpsons   | Two/Half Men                           | Two/Half Men             | Sarah Connor Chronicles       |                     | Prison Break (HDTV) (N)          |                   | News (N)                      |
|               | 19  | CHTV   | - -     | The Insider (N)   | E! News        | (8:02) Boston Legal                    |                          | Name Is Earl                  | How I Met           | How I Met                        | Worst Week        | News (N)                      |
| primetime     | 22  | KSPS   | - 374   | NewsHour With Jim Lehrer                                      |                | Jack Benny                             | 'Allo, 'Allo!            | Antiques Roadshow             |                     | American Experience: 1929        |                   | Journey-Palom                 |
|               | 24  | WTVS   | - 364   | American Experience: 1929                                     |                | Luther: His life, His Path, His Legacy |                          | Being Served                  |                     | Tavis Smiley                     | Charlie Rose (N)  |                               |
|               | 15  | CBCN   | 502 -   | CBC News: The National  |                | Prince William-Prince Harry            |                          | CBC News: The National        |                     | CBC News: The National           |                   | William-Harry                 |
|               | 21  | TWN    | 505 398 | (5) EarthWatch One  |                | EarthWatch One                         |                          | EarthWatch Two                |                     |                                  |                   |                               |
|               | 27  | CNN    | 500 500 | Larry King Live   |                | Anderson Cooper 360 (HDTV)             |                          |                               |                     | Larry King Live                  |                   | Cooper 360                    |
|               | 54  | CTVN   | 501 391 | CTV Newsnet   |                | News                                   | CTV Newsnet              | News                          | CTV Newsnet         | News                             | CTV Newsnet       | News                          |
|               | 70  | BNN    | 504 508 | Squeeze Play  |                | Market Call                            |                          | Headline                      | Market Call         | Berman's Call                    | Money Talks       | Squeeze Play                  |
|               | 20  | TSN    | 400 400 | (6:30) NFL Football San Francisco 49ers at Arizona Cardinals. |                |  |                          |                               | SportsCentre        |                                  |                   | Hockey Hall of Fame Induction |
|               | 23  | net    | 408 418 | NHL Hockey  | Sportsnet Con. | Red Bull: Air Race                     |                          | Hockey Central                | Stamps TV           | Sportsnet Connected              |                   | Best-Sports                   |
|               | 47  | SPEED  | 417 406 | NASCAR Confidential (N)                                       |                | Barrett-Jackson                        |                          | Pinks (HDTV)                  | Pass Time           | This Week in NASCAR              |                   | NASCAR Conf.                  |
| news          | 94  | SCORE  | 410 403 | (7:15) WWE Monday Night Raw                                   |                |  |                          | (9:15) Score Tonight          |                     | WWE Monday Night Raw             |                   |                               |
|               | 9   | EDACC  | 267 351 | Help TV   |                | The Mentalist (HDTV) (N)               |                          | Sarah Connor Chronicles       |                     | Two/Half Men                     | Samantha Who      | Help TV                       |
|               | 14  | YTV    | 552 543 | Drake & Josh  | iCarly         | Malcolm-Mid.                           | Home Improve.            | Malcolm-Mid.                  | Fresh Prince        | Futurama                         | Prank Patrol      | Mystery Hnt.                  |
|               | 17  | TREE   | 553 546 | Little Bear   | Miss Spider    | Comfy Couch                            | Rolie Polie Olie         | Beren. Bears                  | Babar               | Backyardigans                    | Dora-Explorer     | Go, Diego, Go!                |
|               | 42  | TOON   | 555 545 | 6teen (DVS)   | Total Drama    | George-Jungle                          | Bugs Bunny & Tweety Show | Wayside                       | Johnny Test         | Futurama                         | American Dad      |                               |
|               | 45  | FAM    | 557 541 | Zoey 101  | Life Derek     | Wizards-Place                          | That's-Raven             | Zack & Cody                   | Naturally Sadie     | Han. Montana                     | Life Derek        | Ned's School                  |
|               | -   | TVA    | 121 714 | TVA 18 heures   | Le Cercle (SC) | Les Auditions de                       | Star Acadé               | Annie et ses hommes (N) (SC)  |                     | Dr. House "Deux frères" (SC)     |                   | TVA 22 heures                 |
|               | 18  | CMT    | 575 583 | Reba  | Reba           | Hope & Faith                           | Hope & Faith             | Gone Country                  |                     | Home Improve.                    | Home Improve.     | Reba                          |
|               | 25  | A&E    | 615 520 | Intervention "Marie"  |                | I Survived                             |                          | The First 48                  |                     | Intervention "Chuckie"           |                   | Intervention                  |
|               | 26  | MMM    | 571 581 | Coolio's Rules  |                | Parental Advis.                        | Revival                  | Party of Five                 |                     | Parental Advis.                  | Revival           | Party of Five                 |
| sports        | 29  | FOOD   | 603 561 | Good Eats   | Ace of Cakes   | Kitchen Nightmares                     |                          | Restaurant Makeover           |                     | Challenge                        |                   | Good Eats                     |
|               | 31  | SHOW   | 617 522 | Prime Suspect 6: Last Witness                                 |                | Love-Death                             | Love-Death               | Painkiller Jane               |                     | Kenny-Spenny                     | Rent-A-Goalie     | Name Is Earl                  |
|               | 32  | DISC   | 520 505 | Dirty Jobs  |                | Canada's Worst Driver                  |                          | Daily Planet                  |                     | Dirty Jobs                       |                   | Worst Driver                  |
|               | 33  | SLICE  | 601 562 | Beautiful   | Party Mamas    | Project Runway                         |                          | Til Debt-Part                 | Newlywed            | Beautiful                        | Party Mamas       | Runway                        |
|               | 34  | W      | 602 567 | House   | Style by Jury  | Will & Grace                           | Friends                  | How Clean                     | House               | Love It or List It (N)           |                   | Real Est                      |
|               | 35  | TLC    | 521 560 | Jon & Kate Plus 8 (N)   |                | 17 Kids-Count                          | 17 Kids-Count            | Little People                 | Little People       | Jon & Kate Plus 8                |                   | 17 Kids-Count                 |
|               | 36  | BRAVO  | 620 523 | (6) Ballet Ruse   |                | Bravonews                              | Chimeras                 | Law & Order "Juvenile"        |                     | Without a Trace                  |                   | Signif. Others                |
|               | 38  | SPIKE  | 628 584 | Without a Paddle ★★ (2004, Comedy)                            | Seth Green.    |  |                          | UFC 91 Countdown (N)          |                     | CSI: NY (HDTV)                   |                   | Trek: Voyager                 |
|               | 40  | HIST   | 522 506 | Underground War   |                | NCIS "Call of Silence"                 |                          | Bravo Company Kandahar        |                     | Underground War                  |                   | Under                         |
|               | 41  | COM    | 626 547 | Laughs  | Comedy Now     | Air Farce                              | Just for Laughs          |                               | Corner Gas          | The Simpsons                     | South Park        | Iglesias: Fluffy              |
| family        | 43  | SPACE  | 627 528 | Battlestar Galactica  |                | Eureka                                 |                          | Stargate SG-1 (DVS)           |                     | Lost "Fire Plus Water"           |                   | Deep Space 9                  |
|               | 44  | WPCH   | 294 650 | (6) The Peacemaker ★★ (1997, Action)                          |                |  | Family Guy               | Family Guy                    | Seinfeld            | The Peacemaker ★★ (1997, Action) |                   |                               |
|               | 46  | OLN    | 411 457 | Mantracker  |                | Departures                             |                          | Pilot Guides                  |                     | Don't Forget Your Passport       |                   | The Academy                   |
|               | 48  | TROP   | 619 525 | News Show   | News Show      | TV Made, Do It                         | Very Bad Men             |                               | What Happen?        | Make or Break                    | TV Made, Do It    | Planet Soap                   |
|               | 50  | STAR   | 621 527 | Scream Queens   |                | The Tonight Show-Jay Leno              | TMZ                      |                               | etalk               | The Ellen DeGeneres Show (N)     |                   | Hollywood                     |
|               | 52  | HGTV   | 600 564 | Property Virgin   | Marriage       | Income Prop.                           | House Hunters            | Holmes on Homes               |                     | Property Virgin                  | Marriage          | Income Prop.                  |
|               | 65  | TLN    | 700 800 | Distretto Di Polizia  |                | Raymond                                | Raymond                  | George Lopez                  | George Lopez        | The Sopranos (SS)                |                   | David Rocco                   |
|               | 92  | APTN   | 269 350 | MYTV  | The Mix        | La Voix Mechif                         | Metcom                   | Nedaa: Your Eye on the Yukon  |                     | Suaangan                         | Sharing Circle    | Cowboy C'try                  |
|               | 93  | VISION | 261 394 | McLeod's Daughters (N)  |                | The Protestant Revolution              |                          | Mysterious Ways               |                     | Prime Minister                   | May-December      | McLeod Dghtrs                 |
|               | 100 | MTV    | 581 566 | Super Sweet   | The Hills      | The Hills                              | After Show               | MTV Live                      | MTV News            | Man and Wife                     | The Hills         | The Hills                     |
| cable variety | 101 | MM     | 570 580 | 50 Cent: Money and Power                                      |                | MuchNews                               | The NewMusic             | MuchVibe                      |                     | You Can Dance                    |                   | Dance                         |
|               | 102 | CPAC   | 512 396 | (6:30) Headline Politics                                      |                |  | Revue                    | Question Period               |                     | Prime-Politics                   | Headline Politics |                               |
|               | 103 | VIVA   | 526 507 | The West Wing   |                | Truth, Duty, Valour                    |                          | Mediums                       | In Dreams           | Judging Amy                      |                   | Commander                     |
|               | 105 | TV5    | 145 761 | (6) Vie privée, vie publique                                  |                | Partir autre                           | Expression               | Journal TV5                   | On n'est pas couché |                                  |                   |                               |
|               | 106 | RDI    | 126 730 | Le Téléjournal (SC)   |                | RDI en direct                          | Le National              | Le Téléjournal (SC)           |                     | Le Journal RDI                   | Le National       | Le Téléjournal                |





Actress Sarah Jessica Parker says a sequel to *Sex and the City: The Movie* is still in the talking stage. Her announcement came after co-star Kim Cattrall seemed to hint that the follow-up film was a done deal. **PEOPLE.COM**

**SATC sequel in talking stage: Parker**

## Celebrity Buzz

# Wood tired of Manson rumour

**RELATIONSHIPS** Evan Rachel Wood is sick of the false reports circulating about why she and Marilyn Manson broke up, *People.com* reports.

"Manson and I both decided to take some time apart so we could concentrate on work. Someone used that opportunity to kick us while we were down and sell a completely false story," the actress said in a statement.

Stories of the couple splitting in a bitter fight over Wood's brother Ira — who had been living with the pair — getting kicked out of the guest house by Manson started popping up this week.

"Manson owns the house he lives in. My brother has never stayed

there and the person that said such horrible things about Manson being 'controlling' and 'emotionally abusive' is certainly no source 'close' to me," Woods says. "Manson has been by my side and taken care of me through the best and worst times. I love him as a person and as an artist. I will always be proud to have been a part of that."

"If any more attacks are made on us, it is the act of a desperate, selfish person, who is angry to no longer be a part of my life. No further comment will be made and we request our privacy at this time."

Manson and Wood began dating in December 2006.

**METRO NEWS SERVICES**

# Cyrus hates sharing bathroom with boys

**PEOPLE** Miley Cyrus has vowed never to get married, *femalefirst.co.uk* reports.

The 15-year-old singer/actress doesn't want to tie the knot because she hates sharing a bathroom with the opposite sex.

"I'm never getting married because I can't take sharing a bathroom!" she says. "There were five of us on the tour bus recently and we all shared one bathroom. I shared it with three boys, included my dad. It was horrible. I'd

have all my makeup out and someone would put their toothbrush on top of it. That's disgusting! Then my brother used my toothbrush to comb his eyebrows one day. I was like, 'This is getting seriously ridiculous. I'm getting my own bus because I can't handle this!'"

Cyrus also revealed her celebrity status used to intimidate prospective suitors.



**METRO NEWS SERVICES**

# Kidman doesn't want nanny

**FAMILY** Nicole Kidman is refusing to hire a nanny to look after her baby daughter Sunday Rose, even if it jeopardizes her acting career, *imdb.com* reports.

The actress is besotted with the four-month-old, whose dad is Kid-

man's husband, country star Keith Urban, and can't yet bring herself to leave her alone for a second. But she admits she will have to let go eventually, or face retiring from acting altogether.



**METRO NEWS SERVICES**

# Drew's beau is face of K-Swiss

**NEW GIG** Actress Drew Barrymore's reported new beau Ed Westwick has signed on as the new face of footwear brand K-Swiss, *imdb.com* reports.

The 21-year-old

Gossip Girl star will appear in a new TV and print campaign for the trendy sports shoe company, which will launch in February, according to *E! News Online*.



**METRO NEWS SERVICES**

# Macpherson to quit modelling

**CAREER** Elle Macpherson is retiring from modelling, *femalefirst.co.uk* reports.

Macpherson says she believes she is getting too old to walk down catwalks, and thinks it is time to leave that part of her life behind.

"I think I am a bit too long in the tooth to go back to all that," she says of strutting down a runway. "I think of myself more as a businesswoman these days."

She is now set to concentrate on her lingerie line Elle Macpherson Intimates.

**METRO NEWS SERVICES**



# Lewis wants to get married

**PEOPLE** Leona Lewis can't wait to get married, *femalefirst.co.uk* reports.

The 23-year-old singer, who has been dating electrician Lou Al-Chamaa since she was 17, is looking forward to settling down with her boyfriend and starting a family.

"Of course I want to marry and have children. I would like to have babies and adopt. But it depends what happens," she said.

**METRO NEWS SERVICES**



## FameThrower

Joe O'Neill



Joe's take on celebrities

Ever run into somebody you used to work or go to school with and they start talking to you and you can't quite place them? That's what I feel like every time I come across **Marilyn Manson's** name. My theory is that just as with fat white guys on *Saturday Night Live*, at any given time there can only be one super-edgy goth entertainer who represents everything that a talent agency executive assumes would frighten your grandmother. Right now, that guy is **Criss Angel**, but it used to be Marilyn Manson.

Wood just wants us all to know that Manson has taken her "through the best and worst times" since they began dating way back in 2006, and that she's proud of her contributions to his artistic oeuvre. That would consist of his 2007 album *Eat Me, Drink Me*, which judging from its sales, both ate it and sucked.

Now she's free to continue to be ignored, while Manson can move on to the next phase of his career, shocking people by e-mail.

**NEWSDESK@METRONEWS.CA**



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**CBC**



**20** YEARS  
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**Today**  
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2° / -3°

**Tuesday**  
Partly sunny  
1° / -6°

**Wednesday**  
Mainly sunny  
4° / 0°

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|    |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1  | 2  | 3  |    |    | 4  | 5  | 6  |    | 7  | 8  | 9  | 10 |
| 11 |    |    | 12 |    | 13 |    |    |    | 14 |    |    |    |
| 15 |    |    |    |    | 16 |    |    |    | 17 |    |    |    |
| 18 |    |    |    | 19 |    | 20 |    | 21 |    |    |    |    |
|    |    |    | 22 |    | 23 |    | 24 |    |    | 25 | 26 | 27 |
| 28 | 29 | 30 |    |    |    | 31 |    | 32 |    |    |    |    |
| 33 |    |    |    |    | 34 |    | 35 |    | 36 |    |    |    |
| 37 |    |    |    | 38 |    | 39 |    | 40 |    |    |    |    |
| 41 |    |    |    |    | 42 |    | 43 |    |    |    |    |    |
|    |    |    | 44 |    |    | 45 |    | 46 |    | 47 | 48 | 49 |
| 50 | 51 | 52 |    |    | 53 |    | 54 |    | 55 |    |    |    |
| 56 |    |    |    |    | 57 |    |    |    | 58 |    |    |    |
| 59 |    |    |    |    | 60 |    |    |    |    | 61 |    |    |

Sudoku

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

|   |   |   |  |   |   |   |   |   |
|---|---|---|--|---|---|---|---|---|
|   |   |   |  |   | 6 | 3 |   |   |
|   |   |   |  | 9 | 2 |   | 5 |   |
| 6 | 2 | 7 |  |   |   | 9 |   |   |
| 7 |   |   |  | 6 |   | 3 |   | 8 |
|   | 5 |   |  |   |   |   | 7 |   |
|   | 8 |   |  | 1 |   | 7 |   | 4 |
|   |   | 1 |  |   |   |   | 4 | 5 |
|   |   | 9 |  |   | 4 | 5 |   |   |
|   |   | 3 |  | 7 |   |   |   |   |

Crossword across

- 1 Possess  
4 Beast of burden  
7 Frost  
11 USPS delivery  
13 Fun and games  
14 Foot fraction  
15 Capri or Wight  
16 Scratch  
17 Attend  
18 Larceny  
20 Netting  
22 AAA job  
24 Get smart  
28 Sleepwear  
32 Interruption  
33 “Once — a time ...”  
34 Jewel
- 36 Birds’ home  
37 Pinochle plays  
39 Worldly septet  
41 Houston team  
43 Friend  
44 Egyptian goddess  
46 Hook-nosed Muppet  
50 Titanic vanquisher  
53 Uppermost  
55 Lumber  
56 Provo’s state ...  
57 ... and its country  
58 Beach stuff  
59 Carry on  
60 Pea house  
61 Fellows

Crossword down

- 1 Leave out  
2 Cleanse  
3 Cleopatra’s river  
4 Upper limb  
5 Line of fashion?  
6 Threaded nail  
7 Timeline points  
8 Lennon’s lady  
9 Performance  
10 Pi follower  
12 On both sides  
19 Huck’s chum  
21 Part of R.S.V.P.  
23 “— the Dog”  
25 Fencing prop  
26 Cold War initials  
27 Household critters
- 28 Cougar  
29 Tarzan’s clique  
30 Shock somewhat  
31 Wield a needle  
35 Clear the decks  
38 “Help!”  
40 Run-down horse  
42 Stop slouching  
45 Mediocre  
47 Ark builder  
48 Region  
49 Probability  
50 Plant prickle  
51 Timetable abbr.  
52 Took off  
54 Writing tablet

PREVIOUS DAY’S CROSSWORD AND SUDOKU ANSWERS:

|   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| P | E | S | T | S |   | S | P | A |   | F | D | A |
| A | T | T | I | C |   | T | I | M |   | L | O | G |
| S | H | A | R | I |   | E | P | I | T | A | P | H |
|   |   | P | E | O | P | L | E |   | A | R | E | A |
| A | W | L |   | N | I | L |   | O | B | E | Y | S |
| D | E | E | D |   | C | A | M | E | L |   |   |   |
| S | T | R | E | A | K |   | A | R | E | T | H | A |
|   |   |   | C | R | Y | P | T |   | T | A | I | L |
| B | O | S | O | M |   | A | I | M |   | P | E | P |
| O | V | I | D |   | J | U | N | I | O | R |   |   |
| W | I | R | E | T | A | P |   | C | L | O | S | E |
| E | N | E |   | O | D | E |   | A | L | O | U | D |
| R | E | D |   | P | E | R |   | S | A | M | B | O |

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 7 | 8 | 3 | 1 | 9 | 6 | 4 | 2 | 5 |
| 5 | 6 | 2 | 7 | 4 | 3 | 8 | 9 | 1 |
| 9 | 1 | 4 | 5 | 8 | 2 | 7 | 6 | 3 |
| 2 | 5 | 8 | 9 | 1 | 4 | 6 | 3 | 7 |
| 3 | 4 | 9 | 6 | 5 | 7 | 2 | 1 | 8 |
| 6 | 7 | 1 | 2 | 3 | 8 | 9 | 5 | 4 |
| 1 | 3 | 7 | 4 | 2 | 9 | 5 | 8 | 6 |
| 4 | 2 | 5 | 8 | 6 | 1 | 3 | 7 | 9 |
| 8 | 9 | 6 | 3 | 7 | 5 | 1 | 4 | 2 |

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|                           |                 |                 |
|---------------------------|-----------------|-----------------|
| <b>SUDOKU SOLVE TIME:</b> | 17-21 min ..... | Smart           |
| Under 13 min .....        | Genius          |                 |
| 13-17 min .....           | Scholar         |                 |
|                           | 21-25 min ..... | Not bad         |
|                           | 25+ min .....   | Keep practising |

Recipe of the day



Balsamic Veal Escalopes

INGREDIENTS:

- 1 lb (500 g) cherry tomatoes
- 1 tbsp (15 mL) olive oil
- 4 veal escalopes
- 2 oz (60 g) butter
- 2 tbsp (25 mL) balsamic vinegar
- 2 tbsp (25 mL) snipped fresh chives

METHOD:

- Preheat oven to 350°F (180°C). Toss tomatoes in oil, then place in a roasting pan and bake for 12–15 minutes.
- Meanwhile, lay out veal pieces between two sheets of plastic wrap. Using a meat mallet or heavy rolling pin, pound veal to flatten it.
- Heat butter in a frying pan until it starts to foam, add veal and cook over a moderate heat for 2 minutes on each side, or until tender. Remove from the

- pan and set aside in a warm place.
- Pour balsamic vinegar into the pan with buttery juices. Stir, then bring to boil. Cook sauce over a high heat for 5 minutes, or until sauce has reduced by half.
  - Return veal to the pan briefly to reheat, then sprinkle with chives before serving with cherry tomatoes.

PER SERVING

361 calories, 22 g total fat, 10 g saturated fat, 3 g carbohydrate, 2 g fibre, 38 g protein

SERVES 4

**rd.ca**

For nutritional information on this and other great recipes, go to [rd.ca](http://rd.ca) or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes

AVATAR VENUS

**ARIES**  
**MARCH 21-APRIL 20**  
An awful meeting will give you some good cheer. It's time to buy something old. A mature friend will do a favour for you.

**LIBRA**  
**SEPT 23-OCT 23**  
You'll perform some damage control. A spiritual person tries to influence an ill-mannered guy. Help out a resentful woman.

**TAURUS**  
**APRIL 21-MAY 21**  
Worry evaporates when you start to make money. All shall be well sooner than expected. A missing person arrives after a problem is fixed.

**SCORPIO**  
**OCT 24-NOV 22**  
A domestic man gets back to normal. You'll become a statistic if you don't pay attention. Your fondness grows for a low-key lackey.

**GEMINI**  
**MAY 22-JUNE 21**  
A hard worker stumbles while getting something done. A careless conflict can be resolved. A tranquil person is involved in a commotion.

**SAGITTARIUS**  
**NOV 23-DEC 21**  
A friend is going through a tough time. Your energy level increases and targets are met. Nature triumphs over nurture.

**CANCER**  
**JUNE 22-JULY 22**  
An honourable person makes a suggestion. Be more lenient to help your cause. Someone will offer you money.

**CAPRICORN**  
**DEC 22-JAN 20**  
You'll find what you're looking for. Don't use deceit to get what you want. Say goodbye to a dreadful situation.

**LEO**  
**JULY 23-AUG 23**  
Being sweet will get you what you want. Inattentiveness will lead to harsh words. Increase your health insurance.

**AQUARIUS**  
**JAN 21-FEB 18**  
An awesome sight jogs somebody's memory. Something that was lost isn't needed. A good-for-nothing guy arrives with a smile.

**VIRGO**  
**AUG 24-SEPT 22**  
A wardrobe malfunction could lead to embarrassment. A self-important fool's mistakes will create mirth. Be brave enough to do what needs doing.

**PISCES**  
**FEB 19-MARCH 20**  
Avoid someone who is mulling things over. A bad-tempered nuisance makes you livid. Visit the person who loves you the most.

**TELL METRO READERS WHAT YOU THINK**

**NEW "COMMENT & VIEWS"**

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**WORDY GURDY®**

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

- Lawn sprayer increases in size (1)
- Pat Sajak show business agreement (1)
- Farmland unit seizer (2)
- Fiddling Roman emperor's role models (2)
- CNN founder Ted's stove features (2)
- Space telescope problem (2)
- Lack of genuineness of a cold, un pitying trait (3)

ANSWERS: 1. HOSE GROWS 2. WHEEL DEAL 3. ACRE TAKER 4. NEROS HEROES 5. TURNERS BURNERS 6. HUBBLE TROUBLE 7. STONINESS PHONINESS

**This day in history**

NOV. 10, 1520: Danish King Christian II executes dozens of people in the Stockholm Bloodbath after a successful invasion of Sweden.

NOV. 10, 1775: The United States Marine Corps was founded.

NOV. 10, 1928: Michinomiya Hirohito is crowned the 124th Emperor of Japan, Emperor Showa.

NOV. 10, 1940: Walt Disney begins serving as an informer for the Los Angeles office of the FBI; his job is to report back information on Hollywood subversives.

NOV. 10, 1951: Direct-dial coast-to-coast telephone service begins in the United States.

METRO NEWS SERVICES



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